

## Forest Lodge Academy

### Weekly Wellbeing Challenge Week 2

We hope you enjoyed last week's challenge about mindfulness. This week we are focusing on fitness for wellbeing. There is a strong link between physical health and mental health. These activities are something you can do by yourself or with your family.

Remember to be safe at all times and tell a grown up what you are doing.

We have set six fun fitness tasks below for you to have a go at. You don't need to do them all just try as many as you like and when you speak to your teacher let them know how you got on.

#### Active 10

Make 'Active 10 cards' and put them around the house or if you have a garden then outside (like a fitness treasure hunt). Move around the space and every time you pick a card up carry out that activity. Some ideas are below or make your own up! Challenge your family to join you. Who can do it in the quickest time?



- 10 star jumps
- 10 seconds of running on the spot
- 10 times around the kitchen
- 10 lunges
- 10 seconds of dancing

#### Powerful Pilates

Pilates is a great way to stretch and build core strength. There are lots of videos on line of pilates sessions and apps.

<https://www.youtube.com/watch?v=ORCO7CCnRDw>



#### PE with Joe Wicks

Have a go at Joe Wicks daily PE lessons at 9am each day on you tube.



#### Zen Den Yoga

Join in the Zen Den Yoga Minecraft lesson. There are lots of other yoga lessons on you tube.

<https://www.youtube.com/watch?v=02E1468SdHg>



#### Wonderful Walking

The Government have recommended everyone exercise at least once a day. If you have a green space you can safely walk around whilst social distancing (with your grown up-never alone) go for a ten minute walk.



#### Dance Dance Dance!

Dancing is a brilliant way to feel good and get yourself moving. Put on your favourite songs and have a dance party with your family. Who has the best moves?!

